

Heart Rate Visualization

Seeger Memorial Jr. Sr. High School is Making it Happen!



OUR PROMISING PRACTICE

During Physical Education classes, students wear Polar H7 heart rate sensors featuring Bluetooth capability. Heart rate readings are sent to an iPad, which is connected to a projector, to display the information on a wall in the field house. We believe providing immediate feedback to all students is an essential element for student self-motivation. Additionally, all information is uploaded to the Polar GoFit website. Our teachers are able to view, analyze, and evaluate results and progress for their students throughout the year. **Here is the best part:** The parents and students also have the capability of logging onto the website to view the same data.

OUR STEPS

Seeger received a Physical Education Program (PEP) Grant in 2006 which allowed us to begin using heart rate monitors. Since then, we have continued to update our technology while using the data to validate the importance of a healthy lifestyle. Support from our administration is vital to our continued growth. Our budget allows for updates and software licensing each year.



WE ARE



Seeger Memorial Jr. Sr. High School serves approximately 541 of the corporation's 1,148 students. Seeger is the only high school in rural Warren County located north of West Lebanon.



Warren County's poverty rate is 9.9% with 35.3% of Seeger students receiving free or reduced lunches.

OUR STUDENTS & FAMILIES are proud of the Warren County community and its schools. Our schools are the heart of the community.

OUR TEACHERS are committed to creating a healthy, supportive learning environment that enables students to achieve their educational goals. Seeger boasts a 94% graduation rate which is a direct reflection of the care and dedication of every staff member.

IN OUR OWN WORDS

Since using heart rate monitors in our physical education classes, we have validated our program with essential data:

- A minor heart defect was detected in a student requiring treatment with medication.
- Individual student weight loss of 25-30 pounds by doing nothing more than staying in their heart rate zone during class.
- Assisted our former superintendent with a stress management program using the heart rate monitors to track elevated heart rates during stressful situations.

For more information about our school or corporation, email: dhearn@msdwarco.k12.in.us
or visit our website: <http://www.msdwarco.k12.in.us>